

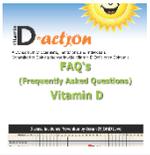


## TOP VITAMIN D RESOURCES

### Key Pieces

		<p><b>Scientists' Call to D*action</b> A Scientists' Call to Action issued to alert the public to the importance to having vitamin D serum levels between 40 and 60 ng/ml (100-150 nmol/L) to prevent diseases. <a href="http://grassrootshealth.net/calltodaction">grassrootshealth.net/calltodaction</a></p>
		<p><b>Disease Incidence Prevention Chart (General)</b> Summarizes 15 peer-reviewed, published papers on vitamin D and certain conditions, with percentage reductions based on vitamin D levels. <a href="http://grassrootshealth.net/dip">grassrootshealth.net/dip</a></p>
		<p><b>Disease Incidence Prevention Chart (Pregnancy &amp; Children)</b> Displays results from multiple studies on the association between vitamin D level and various conditions in pregnancy and early childhood. <a href="http://grassrootshealth.net/pregnancy-dip">grassrootshealth.net/pregnancy-dip</a></p>
		<p><b>Vitamin D Deficiency Iceberg</b> Graphical illustration of how vitamin D deficiency is associated with increased risk of disease through all life stages; rickets is just the tip of the vitamin D deficiency iceberg. <a href="http://grassrootshealth.net/iceberg">grassrootshealth.net/iceberg</a></p>

### Tri-fold Brochures

		<p><b>Vitamin D FAQs</b> The most commonly asked questions and answers about vitamin D in general. <a href="http://grassrootshealth.net/vit-D-faqs">grassrootshealth.net/vit-D-faqs</a></p>
		<p><b>Vitamin D for Pregnancy, Breastfeeding &amp; Babies</b> Frequently asked questions about vitamin D for pregnancy, breastfeeding, babies and children. <a href="http://grassrootshealth.net/pregnancy-faq">grassrootshealth.net/pregnancy-faq</a></p>
		<p><b>Vitamin D &amp; Breast Cancer Prevention</b> A brochure summarizing studies on vitamin D and breast cancer, demonstrating a 50-80% lower risk of diagnosis for women with higher vitamin D levels. <a href="http://grassrootshealth.net/breast-cancer-brochure">grassrootshealth.net/breast-cancer-brochure</a></p>
		<p><b>Know D*Number Brochure</b> A condensed guide to understanding vitamin D, testing, and results, with vitamin D FAQs, as well as steps for reaching and maintaining desired target vitamin D levels. <a href="http://grassrootshealth.net/d-number-brochure">grassrootshealth.net/d-number-brochure</a></p>
		<p><b>Cancer Prevention with Vitamin D</b> A summary of research evidence showing the roles of vitamin D in cancer prevention and incidence. <a href="http://grassrootshealth.net/cancer-brochure">grassrootshealth.net/cancer-brochure</a></p>
		<p><b>Type 1 Diabetes Prevention with Vitamin D</b> Frequently asked questions and answers about type 1 diabetes, prevention with vitamin D and omega-3 fatty acids, and the T1D Prevention Project. <a href="http://grassrootshealth.net/t1d-brochure">grassrootshealth.net/t1d-brochure</a></p>



## TOP VITAMIN D RESOURCES

### e-Tools

		<p><b>Vitamin D* Calculator</b> Calculate an estimated vitamin D supplement amount needed to achieve a target vitamin D level. <a href="https://www.grassrootshealth.net/project/dcalculator/">grassrootshealth.net/project/dcalculator/</a></p>
		<p><b>Vitamin D Deficiency Risk Assessment Quiz</b> Short quiz to determine an individual's risk of having a vitamin D level below the recommended 40 ng/ml (100 nmol/L). <a href="https://www.grassrootshealth.net/project/achieve-manage-optimal-vitamin-d-levels/">https://www.grassrootshealth.net/project/achieve-manage-optimal-vitamin-d-levels/</a></p>

### Downloads

		<p><b>KNOW "D" NUMBER Patient and Provider Guide to Understanding Vitamin D, Testing &amp; Results Booklet</b> An IRB approved guide for individuals and health care providers to increase understanding of vitamin D. <a href="https://www.grassrootshealth.net/know-d-number-guide">grassrootshealth.net/know-d-number-guide</a></p>
		<p><b>Moving Research into Practice Charts Booklet</b> A booklet of charts based on data collected in the GrassrootsHealth study, as well as several studies by our scientists and other vitamin D researchers. <a href="https://www.grassrootshealth.net/chart-booklet">grassrootshealth.net/chart-booklet</a></p>
		<p><b>How Much Vitamin D Do You Need? Infographic</b> Everyone's vitamin D requirements differ based on several factors; this one-page infographic provides steps to help determine that amount. <a href="https://www.grassrootshealth.net/how-much-vitamin-d">grassrootshealth.net/how-much-vitamin-d</a></p>
		<p><b>Cycle of Best Practices for Addressing Vitamin D Deficiency</b> A public health model for addressing vitamin D deficiency. Now available in Spanish! <a href="https://www.grassrootshealth.net/cycle-best-practices">grassrootshealth.net/cycle-best-practices</a></p>
		<p><b>Everyone Responds Differently to Vitamin D Infographic</b> A summary of factors that can affect how much vitamin D the body may actually be getting on a daily basis. <a href="https://www.grassrootshealth.net/dose-response-factors">grassrootshealth.net/dose-response-factors</a></p>
		<p><b>Interactive PDF: How Vitamin D Deficiency Affects Every Part of the Body</b> A diagram to learn more about how vitamin D affects each of the body systems, with links to additional details. <a href="https://www.grassrootshealth.net/vitamin-d-body">grassrootshealth.net/vitamin-d-body</a></p>

### General

<p><b>GrassrootsHealth Blog</b></p>	<p><b>Infographics &amp; Handouts</b></p>	<p><b>Vitamin D Research: Comparing Evidence Paper</b></p>	<p><b>Order Home Blood Spot Tests</b></p>
<p><a href="https://www.grassrootshealth.net/blog/">https://www.grassrootshealth.net/blog/</a></p>	<p><a href="https://www.grassrootshealth.net/documentation/">https://www.grassrootshealth.net/documentation/</a></p>	<p><a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9501276/pdf/nutrients-14-03811.pdf">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9501276/pdf/nutrients-14-03811.pdf</a></p>	<p><a href="https://daction.grassrootshealth.net/tests/">https://daction.grassrootshealth.net/tests/</a></p>